

# Menu Goal 7:

## Legumes

### Challenge Requirements

One or more servings of legumes must be offered each week.

### Description


Legumes: Dried beans or peas. Dried beans are available uncooked in sealed bags or pre-cooked in cans.

Examples of dried beans and peas are:

- ☐ Pinto beans
- ☐ Great Northern or navy beans
- ☐ Kidney or red beans
- ☐ Lentils
- ☐ Garbanzo beans (chickpeas)
- ☐ Cowpeas
- ☐ Split peas
- ☐ Lima beans (dry, mature, such as large white)
- ☐ Black-eyed peas

### Goldie's Tips

We serve refried beans with mexican dishes and include garbanzo beans on our salad bar. Healthy choice bars include black beans when mexican dishes are served and baked beans or pork and beans are placed on healthy choice bars when sandwich type entrées are offered. No problem meeting the requirement on Chili day!!

Monday	Tuesday	Wednesday	Thursday	Friday
				

To Do:



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

**Gooding Gold Award Menu Example on Next Page...**

## Gooding Gold Award Menu Example: one or more servings of legumes offered each week

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16  HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco <b>Refried Beans</b> Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots <b>Healthy Choice Bar 1</b>	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll <b>Baked Beans</b> Herbed Broccoli/cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix <b>Healthy Choice Bar 1</b>	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Gooding Elementary Healthy Choice Bar

## Common Questions Answered

**Our school would like to apply for the *HealthierUS* School Challenge. In reviewing the menu criteria we see that dried beans or peas must be offered at least once per week. Why is this required? Please give examples.**

The 2005 Dietary Guidelines stress more legumes (dry beans) because they provide a broad array of vitamins, minerals, and macronutrients. They are also a great source of dietary fiber. The most commonly consumed dried legumes are pinto beans, Great Northern or navy beans, kidney or red beans, black beans, lentils, garbanzo beans (chickpeas), cowpeas, split peas, dried mature lima beans (white beans), and black-eyed peas. For school foodservice these can be purchased in the dried form and cooked at the school, or purchased as canned, cooked dried beans or peas. They can be served as an entrée or meat/meat alternate, a cooked vegetable, in soups or chilies, or served chilled as one of the choices on a salad bar.



# Menu Goal 8: Whole Grains

## Challenge Requirements

### Silver Requirement:

Whole grain foods must be offered 3 or more times per week.

### Gold Requirement:

Whole grain foods must be offered every day of the week.

## Description

What Counts as a Whole Grain Food?

Purchased Products:

- Ingredient statement on the label of the foods must show a whole grain as the first listed grain ingredient

Products Made from Scratch:

- The total grain weight in the food product must be 100% whole grain or
- The weight of the whole grains added together must be at least 51% of the total grain weight of the product. (example 49% white flour and 51% whole wheat flour)

INGREDIENTS: WHOLE WHEAT FLOUR (WHOLE GRAIN), WATER, WHEAT GLUTEN, BROWN SUGAR, YEAST, RAISIN JUICE, CANOLA OIL (NON-HYDROGENATED) CULTURED WHEY, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, VINEGAR, DOUGH CONDITIONERS (ETHOXYLATED MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DISTILLED MONOGLYCERIDE, CALCIUM PEROXIDE, ASCORBIC ACID, AZODICARBONAMIDE, ENZYMES), CALCIUM SULFATE, SOY FLOUR, CORN STARCH, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE). **CONTAINS:**

For more information on Whole Grains see the HealthierUS Challenge Whole Grain Resource at <http://teamnutrition.usda.gov/HealthierUS/index.html> .

## Goldie's Tips

Change products from white to wheat at the beginning of school year so students don't notice the change as much. In addition to recipes used to meet the challenge, we now offer whole grain brownies, whole grain cakes, and whole grain cookies. We are currently in the process of developing recipes using white beans and/or applesauce which will allow us to increase iron and lower fat in baked goods without compromising the finished product. We use 100% brown rice in spanish rice and fried rice recipes.






- Offer sandwiches on whole grain bread
- Mix white and brown rice: brown rice > 50% of mix.
- Mix flours in baking goods: whole grains > 50% of mix



### Silver Requirement

Monday	Tuesday	Wednesday	Thursday	Friday
				

### Gold Requirement

Monday	Tuesday	Wednesday	Thursday	Friday
				



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place the recipe and/or food labels in your HealthierUS Challenge application packet showing the foods that meet the whole grain requirement.



**Gooding Gold Award Menu Example on Next Page....**

## Gooding Gold Award Menu Example: whole grain food offered every day

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16  HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Applebread Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pumpkin Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



## Common Questions Answered

**We are having problems finding products that meet the criterion for offering whole grain products three times a week (*Silver*) or every school day (*Gold*). Please tell us how to identify such products and give us examples.**

The 2005 Dietary Guidelines are putting great emphasis on increasing consumption of whole grains. Whole grains show added benefit in reducing the risk of such chronic diseases as cardiovascular disease, diabetes, and controlling weight. Whole grains have at least 18 known nutrients, including fiber, B vitamins, magnesium, iron, zinc, vitamin E, phytochemicals, and antioxidants. The local school review committee should review the label/ingredient list on each product's ingredient statement to determine whether a product meets the *HealthierUS* School Challenge criteria. A whole grain should be the first grain ingredient listed, indicating it is the *primary* grain of the product. For many whole-grain products, the words *whole* or *whole grain* will appear before the grain ingredient's name. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. Whole grains that are widely available in the U.S. are:

- Brown rice
- Bulgur (cracked wheat)
- Graham flour (coarsely ground whole wheat flour)
- Whole oats (oatmeal)
- Whole-grain barley
- Whole grain cornmeal
- Whole rye flour
- Whole wheat flour

You might also look for the whole-grain health claim—"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers"—on food product labels. FDA requires that foods that bear the whole-grain health claim must contain 51% or more whole grains by weight, therefore would meet the whole grain requirement for the *HealthierUS* Challenge.

**Our school district understands the importance of whole grains in the diet and we are working with our menus to meet the criteria for the *HealthierUS* School Challenge. However, our students have yet to establish a preference for predominantly whole grain products. We believe they will develop a preference if we have a phase-in period where we offer products that contain some whole grain. For example, we bake our own breads in our schools. We would like to spend this first year with a formula of 1/3 whole wheat flour to 2/3 white flour and gradually increase the whole wheat until students are accepting the change. Would this plan meet the criteria?**

Your schools are to be commended for baking breads for the students. The fresh aroma of school-made breads is a great enticement to school meal participation. However, USDA is strongly committed to recognizing schools that are making an effort to offer students *whole-grain products*, so the menu criteria for *Silver* certification will remain



to offer students a whole grain food 3 or more times a week and for the *Gold* certification, offer a whole-grain product each school day. The *HealthierUS* School Challenge criteria defines a whole grain product as a product with whole grain as the first grain ingredient, indicating that it is the primary grain. Therefore your school-made rolls should contain at least 51% of the grain as whole wheat flour if white flour is the only other grain ingredient. There are lots of other ideas for incorporating whole grains in school meals, such as offering baked whole-grain corn tortillas, combining brown rice with white rice, mixing whole wheat pasta with regular pasta, making sandwiches with one slice of whole wheat and one slice of white bread, and making cookies with whole wheat flour. Because the 2005 Dietary Guidelines emphasize that half of the breads/grains in the diets be whole-grain, or a minimum of three servings of whole grain products per day, industry has begun to develop many more products that contain whole grains. Schools should see an increase in availability.

**Under the menu criteria for the whole grain foods—if I make just five cold sandwiches on whole wheat bread as a menu choice, does that count for this requirement?**

The intent of the *HealthierUS* School Challenge is to make healthy and permanent changes in menus. While the criteria do not quantify foods such as whole-wheat items, serving only five sandwiches does not meet the intent of making menus healthier. However, such a situation **should** warrant more investigation to determine if the school is making a good faith effort to improve the menus. For example, if the school is implementing Offer Vs Serve, starting out with five sandwiches may be a viable method to introduce whole wheat bread to the children. The school must show that every child has the opportunity to select a sandwich made with whole wheat bread by preparing the sandwiches using the batch or staggered cooking method. There should always be whole wheat sandwiches available on the line. As the children become more accepting, the quantity of whole wheat sandwiches should increase.

**Can flax seed be counted as a whole grain?**

No, flax seed is not a grain. Grains are generally the seeds of various grasses. Flax seed is a seed product of a flowering plant, and is not considered to be a grain product.

**Can popcorn be counted as a whole grain?**

No, popcorn is a whole grain, as defined by the Dietary Guidelines, but in school meal programs popcorn is considered a snack food item and is not credited as a grain/bread.



# Menu Goal 9: Iron

## Challenge Requirements

Two or more source of iron must be offered daily.

## Description.

$$\boxed{.8 \text{ mg}} = \boxed{1 \text{ source of Iron}}$$

Serving size requirements for iron can be found on pages 65-66.











USDA Recipes providing at least .8mg or more of iron on pages 67-69.

Commodity foods with a at least .8mg of iron on pages 70-71.

Every child must have the opportunity to select 2 sources of iron from each day's menu.

If one source is one entrée and the other is another entrée and the child can only pick one entrée this will not count. The child must be able to select both sources of iron.

One item may count as 2 sources if it has 1.6 mg or more of iron.

Monday	Tuesday	Wednesday	Thursday	Friday
 	 	 	 	 

Nutrition Facts	
Serving Size 1 Roll (31g)	
Servings Per Container 12	
Amount Per Serving:	
<b>Calories</b> 70	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	<b>Iron 4%</b>
Thiamin 6%	Riboflavin 0%
Niacin 4%	Folic Acid 2%

## Label Conversion:

Iron on a food label is shown as a % of daily value. To convert the percent to mg use the following equation:

$$\% \text{ of iron} \times 18\text{mg} = \text{mg of iron in the serving of food}$$

Example:

$$4\% \times 18 \text{ mg} = .72 \text{ mg of iron per serving}$$



### Goldie's Tips

Most of your entrées will help you meet this requirement. Remember, if it has 1.6 mg or more of iron it can count for both servings.

Offer these foods on salad bar:

- ☐ Almonds
- ☐ Walnuts
- ☐ Legumes



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place the recipe and/or food labels in your HealthierUS Challenge application packet showing the foods that meet the iron requirement.

**Gooding Gold Award Menu Example on Next Page....**

## Gooding Gold Award Menu Example: 2 or more source of iron offered daily

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16  HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
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Variety of Milk offered every day.



### Good Sources of Iron (at least .8 mg per serving)\*

Food Item	Serving Size	Mg.
Asparagus, canned, drained solids	4 spears	1.3
Beans, baked, canned, plain or vegetarian	½ cup	1.5
Beans, baked, canned, with pork and tomato sauce	½ cup	4
Beans, black, mature seeds, cooked	½ cup	1.8
Beans, great northern, mature seeds, cooked	½ cup	1.9
Beans, kidney, red, mature seeds, cooked	½ cup	2.6
Beans, navy, mature seeds, cooked	½ cup	2.2
Beans, pinto, mature seeds, cooked boiled	½ cup	1.8
Beans, white, mature seeds, canned	½ cup	4
Beef, chuck, blade roast, braised	2 oz	1.8
Beef, ground, 80% lean meat/ 20% fat, patty, broiled	2 oz	1.4
Beef, liver, cooked	2 oz	3.5
Beef, round bottom round, braised	2 oz	1.5
Beets, canned	½ cup	1.5
Biscuits, plain or buttermilk, prepared from recipe	2-1/2" biscuit	1.7
Bread, cornbread, from recipe, made with low-fat milk	1 piece	1.6
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	.9
Bread, pita, white, enriched	6-1/2" pita	1.6
Bread, pumpernickel	1 slice	.9
Bread, rye	1 slice	.9
Bread, wheat (includes wheat berry)	1 slice	.8
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	.9
Bread, whole-wheat, commercially prepared	1 slice	.9
Brussels sprouts, cooked, boiled,	½ cup	.9
Cake, gingerbread, from recipe	1 piece	2.1
Cereals ready-to-eat	1 cup	2 -22
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity)	½ cup	1.7
Chicken, broilers or fryers, breast, roasted	½ breast	.9
Chicken, broilers or fryers, dark meat, meat only, roasted	2 oz	.8
Chickpeas (garbanzo beans), mature seeds, cooked	½ cup	2.4
Collards, cooked	½ cup	1.1
Cowpeas, common (black-eyed, crowder, southern), mature seeds, cooked	½ cup	1
Crackers, matzo, plain	1 matzo	.9
Fish fillet, battered or breaded, and fried	2 oz	1
Fish, catfish, channel, cooked, breaded and fried	2 oz	.8
Fish, haddock, cooked	2 oz	.8
Fish, tuna salad	½ cup	1
Fish, tuna, light canned in water, drained	2 oz	.9
Frankfurter, chicken or beef	1 frank	.8
Lentils, mature seeds, cooked, boiled	½ cup	3.3
Lima beans, immature seeds, frozen, baby or fordhook, cooked	½ cup	1.8
Lima beans, large, mature seed, dried, cooked	½ cup	2.2
Macaroni, cooked, enriched	½ cup	.9
Molasses, blackstrap	1 tbsp	3.5
Muffins, blueberry, commercially prepared	1 muffin	.9
Muffins, corn, dry mix, prepared	1 muffin	1
Noodles, egg, cooked, enriched	½ cup	1.3
Peas, green, cooked	½ cup	1.6
Peas, split, mature seeds, cooked	½ cup	1.3

Pizza, cheese, regular crust, frozen	1 serving	1.4
Pizza, meat and vegetable, regular crust, frozen	1 serving	1.1
Plums, canned, purple, heavy syrup pack, solids and liquids	½ cup	1
Pork, fresh, shoulder, arm picnic, braised	2 oz	1.1
Potato salad, school-prepared	½ cup	.8
Potato, baked, flesh and skin	1 medium	1.9
Raspberries, frozen, red, sweetened	½ cup	.8
Refried beans, canned (includes USDA commodity)	½ cup	2
Rice, white, long-grain or regular, parboiled, enriched	½ cup	1
Rolls, dinner, plain, commercially prepared	1 roll	.9
Rolls, hamburger or hotdog, plain	1 roll	1.4
Rolls, hard (includes Kaiser)	1 roll	1.9
Sauerkraut, canned, solids and liquids	½ cup	1.7
Soybeans, green, cooked	½ cup	2.3
Soybeans, mature cooked, boiled	½ cup	4.4
Spaghetti, cooked, enriched	½ cup	.9
Spinach, cooked, drained	½ cup	3.2
Sweet potato, canned	½ cup	1.1
Sweet potato, cooked, baked	1 medium	.8
Tomato products, canned, paste	2 T.	1
Tomato products, canned, puree	¼ cup	1.1
Tomatoes, red, ripe, canned, stewed	¼ cup	.85
Tomato sauce for pasta, spaghetti/marinara, ready-to serve	½ cup	1
Tomato soup, canned, prepared with equal volume water	½ cup	.9
Tortillas, read-to-bake or fry, flour	1 tortilla	1.1
Turkey roast, boneless, light and dark meat, roasted	1 oz light and 1 oz dark	.93
Turkey, all classes, dark meat, roasted	2 oz	1.3
Turkey, ground, cooked	2 oz	1
Turnip greens, frozen, cooked, boiled	½ cup	1.6
Vegetables, mixed canned	½ cup	.85

\* A food with .8 mg or more of iron qualifies for the HealthierUS School Challenge as a source of iron since this meets 20% of the nutrient target for school lunch (grades 4-12).

Adapted from USDA National Nutrient Database for Standard Reference Release 18

**The Following USDA Recipes Provide at least .8 mg or More Iron Per Serving**

<b>Recipe</b>	<b>Page</b>	<b>Iron</b>
Apple Cobbler	C-01	1.24 mg
Apple Crisp	C-02	0.99 mg
Apple-Honey Crisp	C-02A	1.01 mg
Applesauce Cake	C-03	1.15 mg
Arroz con Queso	D-48	2.16 mg
Baked Beans	I-06	0.86 mg
Baked French Toast Strips	J-03	1.35 mg
Baking Powder Biscuits	B-04	1.44 mg
Banana Bread Squares	B-05	0.90 mg
Barbecue Chicken	D-11	1.60 mg
Barbecued Beef or Pork on Roll	F-02	3.40 mg
Bean Burrito	D-12A	3.37 mg
Bean Soup	H-01	2.66 mg
Bean Taco	D-13A	2.67 mg
Beef and Bean Tamale Pie	D-15A	3.26 mg
Beef or Pork Burrito	D-12	2.62 mg
Beef or Pork Burrito (Using Canned Meats)	D-12B	2.35 mg
Beef or Pork Taco	D-13	2.43 mg
Beef or Pork Taco (Using Canned Meats)	D-13B	2.23 mg
Beef Shepherd's Pie	D-43	2.43 mg
Beef Stew	D-14	3.06 mg
Beef Stir Fry	D-39A	2.73 mg
Beef Taco Pie	D-45	3.28 mg
Beef Tamale Pie	D-15	2.89 mg
Beef Vegetable Soup	H-04A	1.28 mg
Bread Stuffing	B-06	1.40 mg
Breakfast Burrito with Salsa	J-02	2.95 mg
Broccoli Salad	E-17	0.82 mg
Broccoli, Cheese, and Rice Casserole	I-08	1.04 mg
Brown Bread	B-07	1.08 mg
Brown Rice Pilaf	B-22	0.83 mg
Brownies	C-04	1.00 mg
Carrot Cake	C-05	1.18 mg
Cherry Cobbler	C-06	2.58 mg
Cherry Crisp	C-07	1.67 mg
Chicken Fajitas	D-40	2.11 mg
Chicken or Turkey a la King	D-16	1.63 mg
Chicken or Turkey and Noodles	D-17	1.91 mg
Chicken or Turkey Chop Suey	D-18	1.03 mg
Chicken or Turkey Noodle Soup	H-02	0.87 mg
Chicken or Turkey Pot Pie	D-19	2.23 mg
Chicken or Turkey Rice Soup	H-02A	1.04 mg
Chicken or Turkey Salad	E-05	0.95 mg

Chicken or Turkey Taco	D-13C	1.77 mg
Chicken or Turkey Tamale Pie	D-15B	2.40 mg
Chicken Tetrazzini	D-42	1.88 mg
Chicken Tomato Bake	D-41	2.01 mg
Chicken Vegetable Soup	H-04B	1.00 mg
Chili Con Carne With Beans	D-20	2.71 mg
Chocolate Cake	C-08	1.19 mg
Chocolena Cake	C-31	1.21 mg
Cinnamon Rolls	B-08	2.08 mg
Corn and Green Bean Casserole	I-19	0.89 mg
Corn Pudding	I-10	0.90 mg
Cornbread	B-09	0.90 mg
Cornbread Stuffing	B-06A	1.20 mg
Country Fried Steak	D-21	2.11 mg
Cream of Vegetable Soup	H-03	0.96 mg
Egg Salad Sandwich	F-03	2.29 mg
Fried Rice	B-10	1.83 mg
Gingerbread	C-23	2.07 mg
Granola	J-01	1.04 mg
Ground Beef and Macaroni	D-22	3.32 mg
Ground Beef and Spanish Rice	D-23	3.10 mg
Ground beef Stroganoff	D-24	2.19 mg
Herbed Broccoli and Cauliflower Polonaise	I-18	1.00 mg
Hummus	E-24	1.06 mg
Italian Bread	B-11	1.70 mg
Lasagna With Ground Beef	D-25	2.65 mg
Lasagna with Ground Pork and Ground Beef	D-25A	2.56 mg
Macaroni and Cheese	D-26	1.03 mg
Macaroni Salad	E-07	1.18 mg
Marinated Black Bean Salad	E-21	1.70 mg
Meat Balls	D-27A	2.23 mg
Meat Loaf	D-27	2.23 mg
Minestrone	H-07	2.00 mg
Muffin Squares	B-12	0.88 mg
Nachos With Ground Beef	D-28	1.67 mg
New Macaroni and Cheese	D-51	1.57 mg
New Oatmeal Raisin Cookies	C-25	1.13 mg
New Spice Cake	C-28	0.82 mg
Oatmeal Cookies	C-10	0.82 mg
Oatmeal Muffin Squares	B-20	1.08 mg
Orange Rice Pilaf	B-21	1.06 mg
Oven Fried Chicken	D-29	1.77 mg
Pancakes	B-13	1.09 mg
Pasta Salad	E-08	0.96 mg
Peach Cobbler	C-13	1.43 mg
Pizza Crust	B-14	1.62 mg



Pizza With Cheese Topping	D-30	2.17 mg
Pizza With Ground Beef Topping	D-31	2.82 mg
Pizza with Ground Pork Topping	D-31A	2.60 mg
Pizzaburger on Roll	F-04	3.58 mg
Pork Stir Fry	D-39B	1.37 mg
Potatoes Au Gratin	I-14	1.51 mg
Pourable Pizza Crust	B-15	1.67 mg
Quiche With Self-Forming Crust	D-32	1.04 mg
Quick Baked Potatoes	I-17	1.31 mg
Refried Beans	I-15	1.61 mg
Rice-Vegetable Casserole	B-23	0.96 mg
Rolls (yeast)	B-16	1.75 mg
Royal Brownies	C-21	0.95 mg
Salisbury Steak	D-33	2.00 mg
Scalloped Potatoes	I-16	1.68 mg
Sloppy Joe on Roll	F-05	3.74 mg
Spaghetti and Meat Sauce	D-35	3.24 mg
Spaghetti and Meat Sauce (Ground Beef and Ground Pork)	D-35A	2.98 mg
Spice Cake	C-16	1.30 mg
Stir-Fry (Chicken, Beef, Pork)	D-39	1.26 mg
Stromboli	F-06	1.79 mg
Stromboli with Tomato Sauce	F-06A	1.97 mg
Sweet and Sour Pork	D-36	1.11 mg
Sweet Potato Pie With Whipped Topping	C-17	1.98 mg
Sweet Potato-Prune Bread Squares	B-18	2.05 mg
Tabouleh	E-23	1.13 mg
Taco Pie with Beans	D-45B	3.62 mg
Taco Pie with Salad Topping	D-45A	3.41 mg
Taco Salad	E-10	2.49 mg
Thick Vegetable Soup	H-05	2.58 mg
Toasted Turkey Ham and Cheese Sandwich	F-07A	2.39 mg
Tuna and Noodles	D-37	3.92 mg
Tuna Salad Sandwich	F-08	3.02 mg
Turkey and Dressing Supreme	D-38	2.21 mg
Vegetable Chili	D-49	2.26 mg
Vegetable Lasagna	D-50	2.86 mg
Vegetable Pizza	D-30A	2.68 mg
Vegetable Quesadilla	D-52	1.98 mg
Vegetable Soup	H-04	1.08 mg
Vegetable Stromboli	F-06B	1.65 mg
Vegetable Wraps	F-09	1.94 mg
White bread	B-19	1.03 mg
Yellow Cake	C-20	1.05 mg

### USDA Commodity Foods with at least .8 mg of Iron

Commodity Name	Serving Size	Iron
<b>Fruit and Vegetables</b>		
Asparagus	¼ cup	1
Blueberries, Dried	¼ cup	.8
Raspberry Puree	3.5 oz	1.1
Fig, Whole, Dried	¼ cup	1.1
Fig Puree	8 oz	5.5
Fruit and Nut Mix	1/3 cup	.9
Plum Puree, Dried	3.5 oz	2.8
Potatoes, (Baking Type) Fresh	½ large potato	1.4
Potatoes, Diced, Dehydrated	3.5 oz	1.7
Potatoes, White, Sliced, Dehydrated	3.5 oz	1.5
Raisins, Seedless	¼ cup	.8
Raisins, Seedless, Individually Packed	1.33 oz	1
Salsa, Tomato, Canned	¼ cup	1.2
Sweet Potatoes, Mashed Canned	¼ cup heated	.9
<b>Meat/MA</b>		
Almonds	¼ cup	1
Beans, Canned Various (kidney)	¼ cup	.8
Beans, Dry Various (kidney)	¼ cup	1.3
Beans, Lima, Dry	¼ cup	1.1
Beans, Vegetarian, Canned	¼ cup	.9
Beans, White, Canned and Dry	¼ cup	1.1
Beef Crumbles, Fully Cooked, Frzn	2.2 oz	.8
Beef Patty, Fully Cooked, Breaded, Frzn	3 oz	2.5
Beef Patty w/ Soy Protein (SPP), Fully Cooked Frzn	2.2 oz	1
Beef Pot Roast, Cooked w/ Juices, Frzn	3 oz	4.5
Beef Sloppy Joe, Fully Cooked, Frzn	3.75 oz	1
Beef Chuck Roast, Raw Frzn	3 oz	2.6
Beans, Garbanzo, Canned	¼ cup	.8
Beans, Refried, Canned	¼ cup	1
Beef Ground, Patties & VPP, Raw, Frzn	3.1 oz	2.3
Beef Ground, Patties, Raw, 10% Fat, Frzn	3.1 oz	2.3-2.6
Beef Ground, Patties, Raw Frzn	3.1 oz	1.5
Beef Taco Filling, Fully Cooked, Frzn	3.75 oz	.88
Beef Ground, Bulk, Raw, Frzn	2 oz cooked meat (2.7 raw)	1.5
Chick. Nuggets, Batter Breaded, Cooked, Frzn	5 pcs	1.3
Chick. Parts, Cooked Batter/Breaded, Frzn	1 serving, 1 breast; 1 thigh w/back; 1 drumstick + 1	.8

	wing	
Chick. Patties, Batter/Breaded, Cooked Frzn	2 oz	1
Chick patties, Grilled Frzn	2 oz	1
Chic. Thighs and Drumsticks, Raw, Frzn	2 oz of cooked meat	.8
Egg Mix, All Purpose, Dries	0.6 oz/2T	1
Macaroni and Cheese, Processed, Frzn	1 cup	1.4
Peas, Black-Eyed, Canned or Dry	¼ cup	1.1
Peas, Lentils, Dry	¼ cup	1.7
Pork Patties, Fully Cooked, Frzn (2.7 oz)	2.7 oz	.9
Pork Patty, Breaded, Fully Cooked, Frzn	3.75 oz	2.1
Pork Sloppy Joe, Fully Cooked, Frzn	4 oz	1.7
Pork Taco Filling, Fully Cooked, Frzn	2 oz	2
Pork, Fresh Ham Roast, Boneless, Raw, Frzn	3 oz of cooked meat	1
Pork Fully Cooked w/ Natural Juices, Canned	2 oz	1.2
Sunflower Seed Butter	2T	1
Turkey Burger, Raw, Frzn	2 oz of cooked meat	1.2
Turkey Ham w 15% Water Added, Fully Cooked, Frzn	3.53 oz	1
Turkey Taco Filling, Fully Cooked, Frzn	3.75 oz	1.9
<b>Bread/Bread Alt.</b>		
Bakery Mix, Biscuit Type, Regular & Low Fat	1/3 cup	1.5
Cornmeal	1 oz	1.1
Flour, All Purpose	1 oz	1.3
Flour, Bread	1 oz	1.3
Flour, Soft Wheat	1 oz	1.3
Flour, Whole Wheat	1 oz	1.1
Grits, Corn	½ cup cooked	.8
Macaroni, Spaghetti and Rotini (Spirals)	½ cup cooked	1
Oats, Rolled, Quick	½ cup cooked	.8
Rice, White Enriched	½ cup cooked	1
Wheat, Rolled, Quick (uncooked)	½ cup cooked	1

# Menu Criteria 10: Low Fat Milk

## Challenge Requirements

Low fat (1%) and/or skim (nonfat) milk must be offered daily.

## Description

The school can offer all percentages of milk but must offer at least one of the lower fat percentages (1% or skim) every day.

Low-fat flavored milk can be counted towards the requirement.








## Goldie's Tips

1% milk is offered daily and skim milk will be introduced this upcoming school year, offer a variety of flavors when ever possible and take advantage of the new plastic bottles. The kids love it and milk consumption will increase.



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Provide menu showing lowfat milk being served every day.

Monday	Tuesday	Wednesday	Thursday	Friday
				

**Gooding Gold Award Menu Example on Next Page....**

## Gooding Gold Award Menu Example: low fat and/or skim milk offered daily

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16  HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.

